



Oakhurst, NJ 732.663.0222	Marlboro, NJ 732.536.2027	Brooklyn, NY 718.998.8898	Cedarhurst, NY 516.569.6400
------------------------------	------------------------------	------------------------------	--------------------------------

PLUM TOMATO CABBAGE SOUP	Intermediate Lifestyle
---------------------------------	-------------------------------

Ingredients

- 6 plum tomatoes, chopped
- 4 cups fat-free vegetable broth
- 2 cups chopped green cabbage
- Morton's 50% Less Sodium and pepper, to taste
- (Optional seasonings:
 - For a hot 'n' sweet flavor: Splenda + Frank's RedHot
 - For a garlicky flavor, Tabasco + garlic powder)

Instructions

1. In a large pot sprayed with nonstick spray, place chopped tomatoes along with any juice and seeds. Cook over medium heat for 2 to 3 minutes, stirring occasionally.
2. Add vegetable broth and cabbage, and raise heat to high. Once Soup reaches a boil, reduce heat to low and cover. Allow soup to simmer for 5 minutes.
3. Season to taste with salt and pepper (or other ingredients as noted above).

Portion-Per-Serving Information (Yields 5 servings):

1 serving = 1 cup = 1 V